

NOVEMBER CLASS SCHEDULE

Monday –

- 5:00am - 163 Fitness
- 8:30am - Stations
- 5:00pm - 163 Basics
- 6:15pm - 163 Fitness

Tuesday

- 5:00am - Total Body Sculpt
- 6:00am - Whiteboard Fit Camp
- 8:30am - 163 Lite w/Flexibility & Balance
- 6:15pm - Total Body Sculpt

Wednesday

- 5:00am - 163 Fitness
- 6:00am - 163 Boot Camp
- 5:00pm - 163 Basics

Thursday

- 5:00am - Core & More
- 8:30am - 163 Lite
- 6:00pm – Roulette (Bring Gloves)

Friday

- 5:00am - 163 Fitness
- 6:00am - Instructor's Choice

Saturday

- 6:00am - 163 Fitness

Please note: The following dates will have 1 awesome class each morning at 7 am.

Regular classes will not be held on these three dates:

Thursday, November 28th Thanksgiving | Friday, November 29th Black Friday | Saturday, November 30th Thanksgiving Saturday



www.163Fitness.com